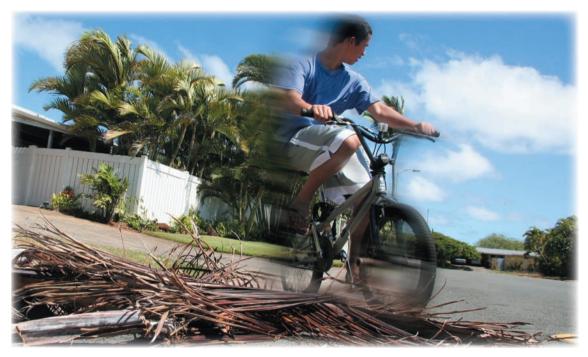
## Ride safe and wear a helmet.





A reminder from the Hawaii State Department of Health and its community partners.



Head injury is the leading cause of death and permanent disability in bicycle crashes.

## **NO GET HURT Hawaii**

## **Bicycle safety tips:**

- Wear a helmet when riding a bicycle. It's the law for those under 16 years of age.
- Learn to ride a bike safely
- Look both ways for oncoming vehicles before turning or crossing a street
- Ride with not against traffic flow
- Ride so drivers can see you
- Look out for road hazards like potholes, cracks, rocks, or anything that could make you lose control

lujuries are preventable.

www.nogethurt.hawaii.gov